

## North Central District Health Department Summary

Counties	Average age	Education	Race / Ethnicity		
Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce and Rock	40.3 years	H.S Grad / GED or Higher	84.2%	White, non-Hispanic	96.5% (49,306)
<b>Total population</b>	<b>Median income</b>	College Grad	14.9%	Minority	3.5% (1,778)
51,084	\$29,509				

Source: 2000 U.S. Census

### Summary of Significant Differences (Compared to Nebraska)

- In the North Central District, four rates for the overall population were significantly better than Nebraska rates. The average number of times North Central adults ate in restaurants per week was lower, while more respondents from the area rated food at community events as healthy. Respondents were also more likely to consider their community safe from crime and safe from traffic (for walking, jogging, or biking).
- Rates for five indicators were significantly worse in the North Central District, compared to the state. Respondents were less likely to wear seatbelts when driving or riding in a motor vehicle and less likely to eat dairy products three or more times per day, as recommended. Employed adults in this district who work inside most of the time were less likely to report that their workplace's smoking policy prohibits smoking in any work areas. In addition, distances to the emergency room (both the nearest one and the preferred ER) were longer.
- Among men in this District, rates for two indicators were significantly worse than Nebraska rates. North Central men were more likely to have had a heart attack or stroke or to have coronary heart disease. They were less likely to engage in the recommended amount of moderate or vigorous physical activity.
- For women, rates were significantly better for three and significantly worse for two indicators. North Central women were less likely than Nebraska women to feel their immediate area was unsafe from crime or traffic and they averaged fewer times per week when they ate restaurant or fast food. On the other hand, fewer women ate dairy products the recommended three or more times per day and they were less likely to correctly identify that heart disease is the leading cause of death for women.

### Health-Related Quality of Life

- Among North Central District adults, 18.2% considered their general health "fair" or "poor."
- North Central District adults averaged 4.2 days in the past month when their physical health was "not good" and 3.0 days in the past month when mental health was "not good."
- Poor physical or mental health prevented North Central District adults from participating in their usual activities an average of 3.8 days in the past 30 days.

### Health Care Access

- More than one-fifth of District adults 18 to 64 years old (23.0%) reported having no health care coverage.
- Among North Central District adults, 15.5% did not have a personal doctor or health care provider. Men in this District (25.1%) were significantly more likely than women (6.3%) to say they did not have a personal health care provider.
- One in eight respondents in the District (12.7%) stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Nearly three-fourths of the adults in this District (72.6%) reported visiting a doctor for a routine checkup within the past year. Women (82.3%) were significantly more likely than men (62.4%) to have had a checkup in the last twelve months.
- The average distance from respondents' homes to the closest emergency room (ER) was significantly higher in the North Central District (14.0 miles) than the average for Nebraska.
- In this District, the average distance to the ER at which respondents preferred to receive care was 18.4 miles—also significantly higher than the statewide average.
- More than one-half of North Central District adults (52.3%) reported no problems or barriers to getting medical care, other than cost.
- Among District residents who reported a problem getting medical care (other than cost), not having insurance (21.3%), long waits (13.8%), and work (9.5%) were mentioned most frequently.
- North Central District residents most often cited a doctor (43.5%) as their primary source of information on health issues. Family or friends (13.1%) and the newspaper (15.0%) were also mentioned frequently.

### **Cardiovascular Disease**

- Of North Central District adults aged 18 and older, 13.2% had ever been told they had a heart attack or stroke or that they have coronary heart disease. The proportion of men in this District who gave this response (18.6%) was significantly higher than the statewide rate for men and significantly higher than the rate for women in the District (8.1%).
- In the North Central District, 28.3% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the North Central District were much more likely to identify cardiovascular disease (82.8%) than they were to identify stroke (45.2%) as something untreated high blood pressure can lead to. Women in the District (56.0%) were significantly more likely than men (34.0%) to be aware that stroke can result from untreated hypertension.
- Three-fourths of North Central District respondents (74.7%) had their cholesterol level checked during the last five years.
- Among respondents who ever had their cholesterol checked, 40.7% had ever been told it was high.
- During the past year, 14.0% of North Central District adults were certified to perform CPR.

### **Diabetes**

- Among North Central District residents, 8.6% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

### **Cancer Prevention**

- Two-thirds of North Central District women aged 40 or older (67.8%) reported having a mammogram in the past two years.
- One-fifth of adults aged 50 or older in this District (20.5%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the North Central District (47.8%) reported ever having a colonoscopy or sigmoidoscopy.

### **Asthma**

- Among North Central District adults, 11.7% had ever been told they had asthma, while 7.0% currently have this disease.

### **Overweight and Obesity**

- Seven out of ten North Central District adults (70.3%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Men in this District (79.3%) were significantly more likely than women (60.9%) to be overweight or obese.
- More than one-fourth of respondents in the North Central District (26.2%) had a Body Mass Index of 30 or higher and was classified as “obese.”

### **Tobacco Use**

- More than one-fifth of North Central District adults (21.7%) currently smoke cigarettes, either daily or on some days of the month.
- More than one-fifth of adults in this District (21.4%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke). The proportion of women in the North Central District who are former smokers (12.1%) is significantly lower than the proportion among women statewide and significantly lower than the proportion of men in this District who formerly smoked (31.1%).
- Among current smokers in this District, 63.1% reported trying to quit smoking during the past year.
- Nearly three-fourths of the adults in the North Central District (72.7%) stated that they have rules prohibiting smoking anywhere in their homes.
- Compared to the state, a significantly smaller proportion of the adults in this District who work indoors most of the time (70.9%) reported that their workplace’s policy does not allow smoking in any work areas.

### **Physical Activity and Sedentary Behaviors**

- More than one-fourth of adults in the North Central District (28.3%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 41.5% of District respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity. A significantly smaller proportion of men in this District (36.6%) reported of this level of activity, compared to the overall rate for men in Nebraska.

- Among North Central District adults, 44.5% reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

### **Nutrition**

- Nearly one-fourth of North Central District respondents (23.0%) consumed fruits and vegetables the recommended five or more times per day.
- Almost four out of ten North Central District adults (39.1%) were knowledgeable about what “Five-a-Day” means, with women (52.0%) significantly more likely than men (25.6%) to know what this phrase means.
- A significantly smaller proportion of District respondents (10.5%) reported consuming dairy products three or more times daily, compared to the state. Women in this district (11.3%) were also significantly more likely than women statewide to consume dairy foods this frequently.
- On average, North Central District adults ate food from restaurants or fast food shops 1.6 times per week. This overall average and the average frequency for women in the District (1.2) were both significantly lower than corresponding state rates. Men in the District reported a significantly greater number of times per week (2.1) when they ate out than women (1.2).
- The proportion of adults rating foods at community events in the North Central District as “always” or “almost always” healthy (42.3%) was significantly higher than the proportion statewide.
- The majority of respondents in this District (67.3%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- Only about one-fourth of respondents (24.9%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

### **Alcohol Consumption**

- In this District, 48.9% of adults reported consuming at least one drink of alcohol in the past 30 days.

### **Injury**

- One in six adults in the North Central District (17.2%) said they had fallen in the past three months. Of those who had fallen, 28.6% were injured by the fall.
- The majority of North Central District respondents (80.0%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car. However, this rate of seatbelt use was lower than the statewide rate.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 34.2% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding.

### **Immunization**

- Among North Central District adults, 36.1% got a flu vaccination during the past year.

### **Oral Health**

- Two-thirds of North Central District adults (67.7%) saw a dentist or visited a dental clinic in the past year.

### **Women’s Perceptions of Health Threats and Causes of Death**

- One-fourth of the women in the North Central District (26.4%) identified cancer as the leading health problem facing women today.
- Half (47.0%) of the women in this area identified heart disease/attack as the leading cause of death for women, yet just 16.4% considered heart disease/attack as leading health problem facing women today.

### **Social Context**

- Few North Central District adults (2.1%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 5.9% of North Central District respondents reported it is “somewhat” or “very unsafe.”
- Both of these rates were significantly lower than the proportions reported for the state overall. In addition, the proportions of women in this District rating their community unsafe from crime (2.3%) and from traffic (8.1%) were significantly smaller than the corresponding rates for Nebraska.

## North Central District Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	
<b>Health Related Quality of Life</b>										
1. General health was 'fair' or 'poor'	479	18.2%	Non-Sig	162	16.0%	Non-Sig	317	20.3%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	470	4.2	Non-Sig	157	3.5	Non-Sig	313	4.8	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	474	3.0	Non-Sig	161	2.6	Non-Sig	313	3.4	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	218	3.8	Non-Sig	73	3.8	Non-Sig	145	3.8	Non-Sig	No
<b>Health Care Access</b>										
1. No health care coverage among adults 18-64 years old	288	23.0%	Non-Sig	108	28.7%	Non-Sig	180	16.9%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	479	15.5%	Non-Sig	162	25.1%	Non-Sig	317	6.3%	Non-Sig	Yes
3. Needed to see a doctor in past year but could not because of cost	478	12.7%	Non-Sig	161	11.7%	Non-Sig	317	13.6%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	467	72.6%	Non-Sig	158	62.4%	Non-Sig	309	82.3%	Non-Sig	Yes
5. Average distance in miles from home to the ER closest to home	474	14.0	Higher	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	460	18.4	Higher	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	473	52.3%	Non-Sig	160	49.2%	Non-Sig	313	55.3%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	183	1) No Insurance (21.3%)		2) Time/Distance (18.4%)		3) Long Wait (13.8%)		(Other= 23.6%)	
	Men	62	1) No Insurance (25.1%)		2) Time/Distance (18.4%)		3) Transportation (12.4%)		(Other=28.5%)	
	Women	121	1) Time/Distance (18.4%)		2) No Insurance (17.1%)		3) Long Wait (17.0%)		(Other= 18.3%)	
9. Primary source for getting information on health issues or illness										
	Overall	459	1) Doctor (43.5%)		2) Newspaper (15.0%)		3) Family/Friends (13.1%)		(Other= 4.1%)	
	Men	149	1) Doctor (39.7%)		2) Newspaper (14.0%)		3) Family/Friends (13.9%)		(Other= 3.6%)	
	Women	310	1) Doctor (46.8%)		2) Newspaper (15.9%)		3) Family/Friends (12.4%)		(Other= 4.4%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	478	13.2%	Non-Sig	161	18.6%	Higher	317	8.1%	Non-Sig	Yes
2. Ever told blood pressure was high	479	28.3%	Non-Sig	162	29.7%	Non-Sig	317	27.0%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	481	45.2%	Non-Sig	163	34.0%	Non-Sig	318	56.0%	Non-Sig	Yes
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	481	82.8%	Non-Sig	163	80.1%	Non-Sig	318	85.5%	Non-Sig	No
5. Had cholesterol checked during the past five years	471	74.7%	Non-Sig	158	74.0%	Non-Sig	313	75.4%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	386	40.7%	Non-Sig	127	40.2%	Non-Sig	259	41.1%	Non-Sig	No
7. Were CPR certified during the past year	481	14.0%	Non-Sig	163	12.3%	Non-Sig	318	15.6%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	481	8.6%	Non-Sig	163	6.4%	Non-Sig	318	10.7%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	261	67.8%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	306	20.5%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	308	47.8%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	480	11.7%	Non-Sig	163	12.6%	Non-Sig	317	10.9%	Non-Sig	No
2. Currently has asthma	480	7.0%	Non-Sig	163	6.4%	Non-Sig	317	7.6%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	453	70.3%	Non-Sig	162	79.3%	Non-Sig	291	60.9%	Non-Sig	Yes
2. Obese (BMI 30+)	453	26.2%	Non-Sig	162	28.4%	Non-Sig	291	23.9%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	479	21.7%	Non-Sig	162	23.6%	Non-Sig	317	19.8%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
<b><i>Tobacco Use, cont.</i></b>										
2. Former cigarette smoker	479	21.4%	Non-Sig	162	31.1%	Non-Sig	317	12.1%	Lower	Yes
3. Current smokers who tried to quit during the past year	74	63.1%	Non-Sig	^	^	---	^	^	---	---
4. Smoking not allowed in home	479	72.7%	Non-Sig	161	75.9%	Non-Sig	318	69.6%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	161	70.9%	Lower	^	^	---	131	83.6%	Non-Sig	---
<b><i>Physical Activity and Sedentary Behaviors</i></b>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	479	28.3%	Non-Sig	162	32.1%	Non-Sig	317	24.8%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	429	41.5%	Non-Sig	147	36.6%	Lower	282	46.2%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	463	44.5%	Non-Sig	159	41.1%	Non-Sig	304	47.9%	Non-Sig	No
<b><i>Nutrition</i></b>										
1. Consumed fruits and vegetables five or more times per day	481	23.0%	Non-Sig	163	17.4%	Non-Sig	318	28.3%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	479	39.1%	Non-Sig	161	25.6%	Non-Sig	318	52.0%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	481	10.5%	Lower	163	9.6%	Non-Sig	318	11.3%	Lower	No
4. Average number of times per week ate food from restaurants or fast food shops	476	1.6	Lower	160	2.1	Non-Sig	316	1.2	Lower	Yes
5. Foods at community events were 'always' or 'almost always' healthy	481	42.3%	Higher	163	45.0%	Non-Sig	318	39.8%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	479	67.3%	Non-Sig	162	64.6%	Non-Sig	317	69.9%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	479	24.9%	Non-Sig	162	23.6%	Non-Sig	317	26.3%	Non-Sig	No
<b><i>Alcohol Consumption</i></b>										
1. Consumed at least one drink of alcohol during the past 30 days	480	48.9%	Non-Sig	163	59.0%	Non-Sig	317	39.3%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
<i>Injury</i>										
1. Fell during the past three months	481	17.2%	Non-Sig	163	19.3%	Non-Sig	318	15.2%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	82	28.6%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	481	80.0%	Lower	163	70.7%	Non-Sig	318	88.8%	Non-Sig	No
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	79	34.2%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	481	36.1%	Non-Sig	163	33.2%	Non-Sig	318	39.0%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	477	67.7%	Non-Sig	162	67.2%	Non-Sig	315	68.2%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	317	26.4%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	317	16.4%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	318	47.0%	Lower	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	477	2.1%	Lower	162	1.8%	Non-Sig	315	2.3%	Lower	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	477	5.9%	Lower	161	3.6%	Non-Sig	316	8.1%	Lower	No

<sup>a</sup> Non-weighted sample size

<sup>b</sup> Percentage weighted by health district, gender, and age

<sup>c</sup> Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

<sup>^</sup> Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005